

## Common Procrastination Profiles

Profile Type	Cognitive Distortions	Ways to Challenge
Perfectionist	All-or-Nothing	Progress, not perfection Make SOME progress
	Jumping to Conclusions	Nobody can predict future
	Self-Centeredness	World doesn't revolve around me
Fearful Avoider	Catastrophizing	I CAN stand it Break into smaller tasks
	Mental Filter	Identify rewards/gains
	Over-Generalizing	Remind self of successes
Overcommitted Wishful Thinker	Denial / Minimization	Reality check Make self accountable with others
	Self-Centeredness	Consider how will impact others

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